The Cholesterol Hoax

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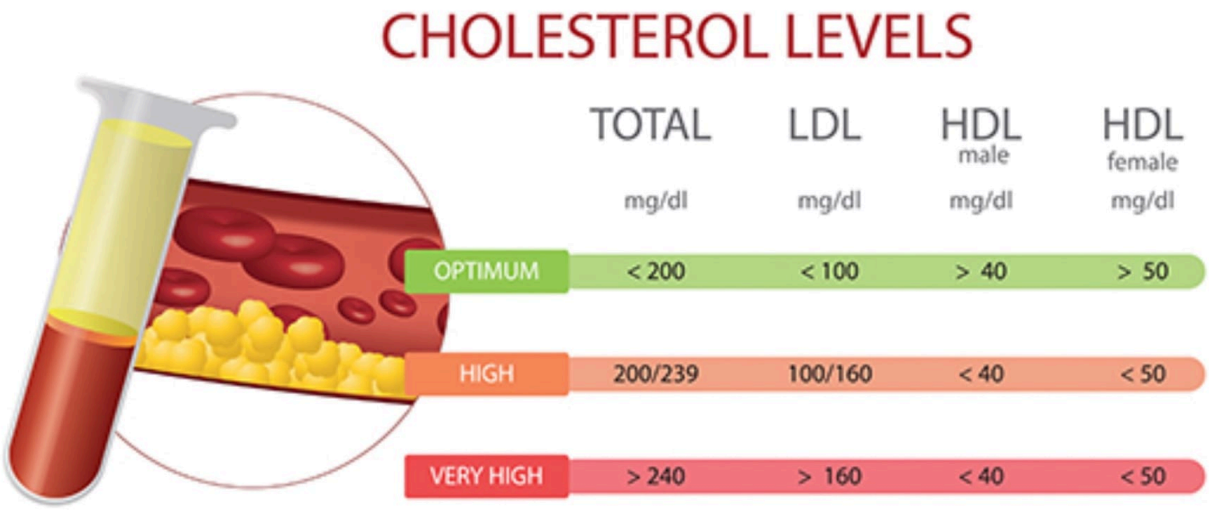

Unraveling the cholesterol conundrum

NaturalNews.com | Kevin Hughes

- Dr. Sherry Rogers warns that cholesterol-lowering drugs (statins) can harm brain health by depleting coenzyme Q10, potentially leading to memory loss and neurological issues. They may also cause selenium deficiencies, undermining detoxification and thyroid function.
- Rogers challenges the demonization of cholesterol, calling it "Nat that repairs arterial damage. Lowering it artificially with drugs may ignore

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underlying causes like infections or toxins.

- High cholesterol isn't the sole predictor of heart disease; other markers (hsCRP, fibrinogen, homocysteine) matter more. Many heart attack patients have normal cholesterol levels.
- The book advocates for supplements like niacin and red yeast rice, dietary changes (eliminating trans fats, adding healthy fats) and prioritizing nutrients (vitamin E, magnesium) over prescription drugs.
- Rogers urges readers to take control of their health by understanding lab results, seeking knowledgeable doctors, and addressing root causes rather than relying on pharmaceuticals.

In a world where health advice often seems to change with the wind, a new book is challenging long-held beliefs about cholesterol and heart health. "The Cholesterol Hoax" by Dr. Sherry A. Rogers, a seasoned physician with over 38 years of experience in environmental medicine, is making waves by questioning the very foundation of conventional wisdom on cholesterol and the drugs designed to control it.

Rogers begins her provocative narrative with a startling claim: "Cholesterol-lowering drugs can kill you." This assertion alone is enough to make readers pause, especially those who have been faithfully taking statins, the most commonly prescribed cholesterol-lowering medications. According to Rogers, these drugs, while touted as essential for heart health, may be doing more harm than good.

One of the most alarming revelations in the book is the potential for statins to damage brain health. Rogers argues that statins interfere with the body's production of coenzyme Q10, a crucial nutrient for brain function.

This interference, she claims, can lead to memory loss, Alzheimer's disease, and even symptoms that mimic strokes. To underscore her point, Rogers cites numerous studies and shares the harrowing story of a NASA research scientist who experienced sudden amnesia after starting on Lipitor, a popular statin.

But the dangers don't stop there. Rogers also highlights the issue of statins causing a silent deficiency of selenium – a mineral vital for detoxification, thyroid function and cancer protection. Yet, she points out, many cardiologists fail to monitor selenium

levels in patients on statins, potentially leading to a host of health issues that go undiagnosed until they become severe.

Moreover, Rogers argues that cholesterol drugs can take a toll on one's quality of life. Studies have shown that individuals on statins often experience low energy, mood swings and a general sense of unhappiness. This, she explains, is because statins disrupt the body's ability to produce cholesterol, which is essential for the synthesis of "happy hormones" like serotonin and dopamine.

Perhaps the most controversial aspect of Rogers' argument is her assertion that cholesterol is not the villain it's often made out to be. She refers to cholesterol as "Nature's Band-Aid."

The physician suggests that it plays a crucial role in repairing damage to our arteries caused by hidden infections or environmental toxins. By lowering cholesterol with drugs, she argues, we are essentially ignoring the underlying problem and potentially causing more harm.

Rogers also debunks several myths about cholesterol. For instance, she points out that high cholesterol is not always indicative of poor heart health and is not the sole cause of heart disease.

She cites studies showing that many people who have heart attacks do not have high cholesterol. Instead, she emphasizes the importance of other risk factors such as elevated hs-CRP, fibrinogen and homocysteine.

In place of prescription drugs, Rogers offers a variety of natural alternatives for managing cholesterol. She advocates for supplements like Niacin-Time, which not only lowers cholesterol but also raises HDL, the "good" cholesterol. She also discusses the benefits of red yeast rice, which contains natural statins and has been shown to be more effective than some prescription drugs.

Additionally, Rogers emphasizes the importance of dietary changes, particularly the elimination of trans fats and the inclusion of healthy fats like those found in cod liver oil. She also stresses the role of essential nutrients such as vitamin E, magnesium and zinc in maintaining healthy cholesterol levels and overall cardiovascular health.

"The Cholesterol Hoax" is a call to action for readers to take control of their health. Rogers provides practical advice on finding knowledgeable doctors, interpreting lab results, and creating personalized health plans.

Cholesterol is not the enemy. It's a symptom of a deeper problem. The solution, Rogers argues, lies in understanding and addressing the root causes.

For those who have ever been told they have high cholesterol or are simply curious about improving their heart health naturally, this book is a must-read. It might just change your life – or even save it.

Watch this video about Dr. Sherry A. Rogers' book "The Cholesterol Hoax."

BrightLearn - The Cholesterol Hoax by Dr. Sherry A. Rogers

Sources:

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